



Howard County

RECREATION & PARKS



NORTH LAUREL COMMUNITY CENTER

2017 Fall Classes & Activities

www.howardcountymd.gov/NLCC



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HoCoParks
APP



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General Information

Staff

Facility Director

Matt Madera..... 410-313-0456

Assistant Director/Rental Coordinator

Tessa Hurd..... 410-313-0457

Program Coordinator

Ashley Jones..... 410-313-0458

Center Registration..... 410-313-0390

Center Info Line..... 410-313-4452

Fax..... 240-568-3030

Hours

8 AM-9 PM, Monday-Saturday; 9 AM-6 PM, Sunday

Closed: Dec 25, Jan 1, Apr 16

Closing at 5 PM: Dec 24 & 31

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9411 Whiskey Bottom Road, Laurel, MD 20723

www.howardcountymd.gov/NLCC

How to Register

Online: www.howardcountymd.gov/rap

Phone: 410-313-0390

TTY: 410-313-4665

Mail: Howard County Recreation & Parks
7120 Oakland Mills Road
Columbia, MD 21046

Walk-in: North Laurel Community Center
9411 Whiskey Bottom Road, Laurel
(8 AM-8 PM, M-Sa; 9 AM-5 PM, Su)

Refund Policy

We recognize that you may wish to withdraw for a variety of reasons, but our policy encourages early decisions so as to not affect other customers or our ability to efficiently deliver the programs. At a minimum, all refund requests are subject to a 20% administrative fee. Additional fees may be assessed to recover costs associated with the program. Class programs require at least two weeks advance notice of withdrawal to avoid the additional fees. Trip refunds may reflect pre-paid admissions; but the option to transfer your ticket may be considered. Competitive sport program time frame for refunds reflects planning time and team selections; check refund details on website. There are no refunds for missed sessions.

Drop-In Fun

Children 15 years and under require adult supervision in the facility. Children 12-15 years old require adult supervision in the facility, except during after-school TeenZone program (Center Membership required). For info and to confirm time, call 410-313-0390.

Basketball (Family, 16 yrs + & 50 yrs +)

Join other athletes of all ability levels. Games are self-officiated.

16 yrs + 6-7pm Tu
50 yrs + 10am-noon M,W

Billiards (18 yrs +)

Rack'em up and come play some pool!
10am-2pm Tu

Lil' Rascals Recess

Bring your little one indoors to play with a variety of sports equipment, push toys, hula hoops, tunnels, and other gross motor skill activities.
9:30-11:30am Tu

Pickleball (16 yrs +)

Learn and practice your pickleball skills. This sport is fun and combines elements of tennis, badminton and ping pong.

16 yrs + 9am-noon W,F

Ping Pong (16 yrs +)

Are you a menace at table tennis?
6-8:30pm W,Th
Noon-4pm Sa

TeenZone

Shoot hoops, play billiards, ping pong, and games, or just hang out!
2:30-5:30pm M-F 12-15 yrs

Volleyball (Family & 16 yrs +)

Join other athletes of various ability levels. Games are self-officiated.
16 yrs + 5:30-7pm Th



Our Drop-In programs are great for trying out a new sport!

Activities for Everyone

Special Events & Family

Indoor Children's Bazaar

Gather your baby gear, toddler toys and children's accessories. Come down for a morning of selling and buying. This is a yard sale devoted to selling your infant's and children's outgrown items. Vendor space is limited to sellers on a first-come, first-served basis. Limited number of tables available for additional fee. Registration/Info: 410-313-0458.

All ages \$25 for vendors Free for shoppers
RP4406.501 Sep 9 9:30am-12:30pm Sa

NEW! Scarecrow DIY!

Get creative at our scarecrow-making event. Bring a baby-footed pajama outfit to dress your scarecrow; we provide the rest! Preregistration is required; children must be accompanied by an adult. Registration/Info: 410-313-0390.

3-11 yrs \$10 center member; \$15 nonmember
RP4408.501 Oct 21 10-11am Sa



Find unique gifts for everyone this holiday season at Tinsel & Treasures.

NEW! Big Wheel 500

On your mark; get set; and go! Race around an indoor course on big wheels, get your picture taken with a celebratory wreath, and take a swig from a cold bottle of milk - just like the pros! Each child must bring their helmet and wear closed-toed shoes. We provide the big wheels. Enjoy games, crafts and light refreshments. Preregistration is required. Info: 410-313-0458.

\$10 center member; \$15 nonmember

RP4407.501 3-7 yrs Nov 4 10am-noon Sa



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Turkey Waddle

Join us as we gobble our way through North Laurel Park! The walk consists of different fitness and children's activities. You also have the chance to enter to win a turkey for your Thanksgiving dinner. Info/Registration: 410-313-0390.

3 yrs + \$5, center member; \$7, nonmember

RP4405.501 Nov 18 10:30-11:30am Sa

Tinsel & Treasures - Crafts and Home Fair

Jump-start your holiday shopping at our Holiday Craft Fair. Find unique gifts and decor at this event. Tables are limited to one per vendor. Space is limited. Preregistration for vendors required. Registration/Info: 410-313-0458.

All ages \$25 for vendors Free for shoppers

RP4157.502 Nov 18 10am-1pm Sa



Marshmallow Math teaches your little one beginning math concepts in a creative and delicious way!

Pre-K (0-5 yrs) Classes & Activities Adventures in Learning

• Info: Cindy Ochs, 410-313-468.

My First School

This program is designed to help children make a successful transition to an independent experience. Children develop social skills while exploring the alphabet, games, music, movement, and art with a different theme each week. Fee includes snack. Pay a \$45 non-refundable deposit to hold a spot for the second session. (No class 9/21, 11/20-23.)

2 yrs, 9 mos-3 yrs, 9 mos Classes: 12

RP3202.503	Sep 12	10am-noon	Tu,Th	\$195
RP3202.504	Oct 31	10am-noon	Tu,Th	\$195

Step into School

This specialized program is designed to help your child get ready for kindergarten. Daily activities include writing workshops, reading readiness and math skills. Activities support school curriculum goals and encourage socialization and independence. Special themes help make learning fun! Fee includes snack. Pay a \$45 non-refundable deposit to hold a spot for the second session. (No class 11/20, 11/22.)

3 yrs, 9 mos-4 yrs, 9 mos Classes: 12

RP3221.503	Sep 11	9:30am-noon	M,W	\$205
RP3221.504	Oct 23	9:30am-noon	M,W	\$205

Marshmallow Math

Math is more fun when experimenting and playing. Explore math concepts through sorting, patterning, counting, graphing and measuring. Snack becomes an adventure when sorting Teddy Grahams or eating the number eight! Graph with marshmallows and explore terrific tangrams and shapes! Songs, art projects and manipulatives are all incorporated to help this preschool experience be meaningful and stimulating. (No class 10/20, 11/10, 11/24.)

3-5 yrs Classes: 8

RP3206.501	Sep 29	10am-noon	F	\$129
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Practice your hand with different mediums and techniques learned at Drawing Techniques.

Teens & Tweens (11-18 yrs) Classes & Activities

Crafts & Fine Arts

• Info: William Banks, 410-313-4609.

Drawing Techniques

Strengthen your drawing skills as you focus on different media including graphite, charcoal, colored pencils, pastels and watercolor pencils. Techniques include modeling, color transitions, gesture style, blending and wet-on-dry. Materials are provided but you are encouraged to bring a sketchbook. (No class 11/25.)

11-17 yrs Classes: 5

RP2851.501 Nov 11 10:30am-noon Sa \$69

Painting for Teens

Work in acrylics to learn or master color mixing, brush work and how to "build" a painting rich with texture and color. The instructor does a demonstration painting each week and works with you one-on-one. Previous experience not necessary. Materials included.

11-17 yrs Classes: 5

RP2853.501 Oct 7 10:30am-noon Sa \$85

Enrichment & Personal Development

• Info: Ovan Shortt, 410-313-4648.

Howard County Teen Clubs

Join a diverse group of teens to represent the youth of Howard County and promote programs and events at the community centers across the county. Bring your creative ideas and help develop new activities for teens. Monthly meetings focus on developing leadership, social networking and marketing skills. Earn service-learning hours at the meetings and events. Attend four or more meetings and receive a free center membership.

11-16 yrs Third Friday of the month

RP2880.503 Oct 27 4:30-6pm F Free

*To register for a class or event,
visit www.howardcountymd.gov/rap or
call 410-313-0400.*



Learn to paint or draw with various art materials at a craft & fine arts class.

Adults (18 yrs +) Classes & Activities

Crafts & Fine Arts

• Info: Danielle Bassett, 410-313-4634.

NEW! Art Lecture Series: Art Crimes

The U.S. Department of Justice currently ranks art crime as the third-largest criminal enterprise in the world. The increase in international art transactions has helped create a booming market for stolen and fraudulent art, and major U.S. arts institutions still struggle with repatriation of stolen or looted objects in their collections. Explore the darker side of the art world: thefts, forgeries, vandalism, art scams, and even historic confrontations between artists.

18 yrs +

RP0212.501 Sep 15 9:30-11:30am F \$25

Oil Painting with Ann Wiker

All levels welcome! Beginners, learn the basics of oil painting (prepping the canvas, mixing colors, brush techniques, composition, and light and shadow). Intermediate painters, review color mixing, composition and choosing subject matter. Advanced painters, receive individualized instruction based on ability. Don't be intimidated; this is fun! Materials list:

www.howardcountymd.gov/craftsandfinearts.

18 yrs + Classes: 3

RP0210.501 Sep 19 9:30-11:30am Tu \$59

NEW! Guided Photo Walk

Find fall beauty! Whatever the weather, explore the power of color, shapes, textures, and the face of nature in landscapes as we walk and shoot through your choice of parks or neighborhoods. Apply exposure compensation to adjust for back-lighting and take advantage of silhouettes. Explore close-ups and panoramas. Review your shots to discover more opportunities. Bring your digital camera and enthusiasm.

18 yrs + Classes: 3

RP0207.501 Oct 7 9:30-11:30am Sa \$56

Lifelong Learning

• Info: Karen Bradley Ehler, 410-313-4635.

NEW! Personal Security: You and your PC with Constance Lowe

Security starts and stops with you. Increase your awareness and learn basic prevention and protection steps while using your laptop, tablet, and smartphone. Gain knowledge about common security measures like learning to create strong passwords and remember them. This class demonstrates computer security best practices to follow. Become informed about unsafe practices your kids may be doing on the internet.

18 yrs + Classes: 3

RP3415.501 Sep 12 7-8pm Tu \$68

How to Travel Inexpensively with Ken Greco

Learn secret tips from an experienced traveler. Ken Greco has traveled the world professionally and for pleasure for the past 45 years. Discover how to get the most of your travel money including secrets on hotels, rental cars, cruises, airline, and rail travel. The course covers travel in the USA, Caribbean and Europe, advantages and disadvantages of escorted tours, self-planned trips, and virtual planning.

18 yrs + Classes: 2

RP3419.501 Sep 27 7-9pm W \$75



Reach your inner self at Intro to Ayurveda.

Intro to Ayurveda with Lenny Bernstein

During this five-week course, you're challenged to uncover your unique physical and mental constitution and learn how to use the tools of this ancient wisdom. As a guide to discovering your true self, Ayurveda is the Sanskrit word that means the Science of Life. Ayurveda was derived from the Vedic scriptures of India which seek to harmonize the body, mind, and spirit in order for the individual to more fully know their true nature. Through the study of the principles of Ayurveda, understand the cause and effect relationship of consciousness and matter.

18 yrs + Classes: 5

RP3402.501 Oct 4 7-8:15pm W \$75

Music & Theater Arts

• Info: Karen Bradley Ehler, 410-313-4635.

Intro to the Ukulele with Thomas Davey

Have you ever wanted to play an instrument but was afraid it was too hard? It's never too late and the ukulele is one of easiest instruments to learn! Learn the basic techniques and some easy songs from Hawaiian tunes to folk and rock songs. It is also one of the most affordable instruments, so bring your own Ukulele to class and a 3-ring binder. Instruments on sale: www.musicarts.com.

18 yrs + Classes: 8

RP0228.501 Sep 27 7-8:30pm W \$95

Fitness

• Info: Amy Patton, 410-313-4718.

AAA/Triple Threat with Robin Robinson

AAA/Triple Threat is a complete and total body workout but targets three of your most valuable assets... your Arms, Abs and Ace (Gluteus Maximus)! Melt body fat, get a tighter core, toned arms and a firm bottom. Accelerate your workout and maximize your results in 30 minutes. Suitable for all fitness levels. (No class 11/21, 11/23, 11/25.)

18 yrs + Classes: 24

RP8551.521 Sep 12 6-6:30pm Tu or Th \$60

RP8551.522 Sep 12 6-6:30pm Tu,Th \$120

NEW! Booty Camp Cardio with Marissa Intelisano, SCW

Total motivation - no yelling or screaming. Designed to torch calories, crank up your metabolism, change your body, and life. Booty Camp Cardio builds confidence with an array of cardio and strength moves utilizing balls, bands, weights and your own body weight. Not sure if this is for you? **Free class on 9/11**, register at www.freedomfitness.info/events. (No class 10/9, 11/20, 11/22.)

18 yrs + Classes: 22

RP8430.504 Sep 13 6:30-7:20pm M,W \$99

Cardio Kickboxing with Robin Robinson

Exercise has never been so much fun! Enjoy a calorie-burning, dance-party, exercise session that combines Tae Bo, aerobics and dance to great music. Come have fun while getting in great shape. Suitable for all fitness levels. (No class 11/21, 11/23.)

18 yrs + Classes: 24

RP8551.501 Sep 12 6:30-7:30pm Tu or Th \$96

RP8551.502 Sep 12 6:30-7:30pm Tu,Th \$192

Cardio Kickboxing Plus with Robin Robinson

This cardio kickboxing class is like none other. This class is calorie-burning, dance-party exercise session that combines tae bo, aerobics and dance plus 15 minutes of intense ab workout at the end of class. Come out, get in shape and get a tight core all while having fun! Suitable for all fitness levels. (No class 11/25.)

18 yrs + Classes: 12

RP8551.511 Sep 16 8:15-9:15am Sa \$96

HIIT Workout Party with Royale Fit

Are you ready to maximize your workout time while attaining your fitness goal in a fun atmosphere? This workout is designed to propel you to your fitness goal with a High Intensity Interval full body workout guaranteed to burn fat, increase metabolism and strengthen your muscles. Each session consists of 15 minutes of jump rope cardio blast, body weight exercises, muscle toning, core workouts and stretches in a party atmosphere. Get ready to meet the upgraded version of you, full of confident, strong and fit. All fitness levels are welcome. Bring along a jump rope, a mat and 5 or 10 lbs. pair of dumb bell. (Jump ropes are available for sale.)

18 yrs + Classes: 8

RP8550.501 Sep 30 10:30-11:30am Sa \$76

Fitness for Life with Lori Nowicki, ACE, AFPA

This class, designed for active adults, combines easy-to-follow aerobics, weight and cardio training on Keiser and Precor equipment, free weights, bands, floor exercises, balance training and stretching. A fitness waiver must be completed prior to exercising. (No class 9/21, 10/27, 11/22-24.)

55 yrs + Classes: 26

RP8666.501 Sep 6 12:35-1:50pm M,W \$156



Tiny Tykes Tee Ball is the perfect introduction for your little one!

Sports

- Info: Amanda Bartell, 410-313-1694
(unless otherwise noted).

Tiny Tykes Tee Ball

Batter up! Nobody strikes out and everyone hits home runs! Our age-appropriate equipment and activities are designed to provide a successful introduction to the skills of batting, catching, throwing, and base running. Parents are encouraged to follow the coach's instructions to assist in the games and activities with your child. (No class 9/21, 11/10, 11/20-25.)

3-4 yrs Classes: 6

RP6053.510 Nov 1 12:30-1:15pm W \$75

Little Tykes Hoops Basketball

In this class, having fun is sure to be a slam dunk! Children are introduced to beginner basketball concepts such as dribbling, passing and shooting through a curriculum of exciting and fun-filled games and activities. Parents are encouraged to follow the coach's instructions to assist in the games and activities. (No class 9/21, 11/10, 11/20-25.)

3-4 yrs Classes: 6

RP6086.503 Sep 13 12:30-1:15pm W \$75

Fall & Winter League Basketball

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Pull down some boards, tickle the twine or dish out some assists. Our goal is to place your team in a division of similar skills. All teams participate in postseason playoffs. Fee includes officials, staff, awards, equipment, facility rental and administration. Games are played at Meadowbrook Ath Comp, North Laurel Community Center and Roger Carter Community Center. League refund policy is on page 70. Info: Mark Pendleton, 410-313-4703 or mpendleton@howardcountymd.gov.

Fall League

Register by September 1.

Register by August 25 to receive a 5% discount.

18 yrs + Men's Weeks: 8

RP5080.501 Sep 12 7pm Tu \$615

RP5080.503 Sep 13 8pm W \$615

RP5080.504 Sep 14 8pm Th \$615

30 yrs + Men's Weeks: 8

RP5080.502 Sep 12 7pm Tu \$615

18 yrs + Women's Weeks: 8

RP5080.505 Sep 14 8pm Th \$615

Winter League

Register by December 15.

Register by December 8 to receive a 5% discount.

18 yrs + Men's Weeks: 8

RP5080.601 Jan 9 7pm Tu \$615

RP5080.603 Jan 10 8pm W \$615

RP5080.604 Jan 11 8pm Th \$615

30 yrs + Men's Weeks: 8

RP5080.602 Jan 9 7pm Tu \$615

18 yrs + Women's Weeks: 8

RP5080.605 Jan 11 8pm Th \$615



Get your team together for the Fall & Winter Basketball League.

Mighty LAXers Lacrosse

This high energy curriculum introduces children to important fundamentals of lacrosse such as scooping, cradling, and shooting. Age appropriate equipment is used to provide children with a safe and fun experience in every LAXers class! Parents are also encouraged to follow the coach's instructions to assist in the games and activities. (No class 9/21, 11/10, 11/20-11/25.)

3-4 yrs Classes: 6

RP6972.505 Sep 13 1:30-2:15pm W \$75

RP6972.509 Nov 1 1:30-2:15pm W \$75

D & S Karate

Improve coordination, confidence, flexibility, balance, agility and focus while learning the art of karate and jujitsu. Our certified black belt instructors are nationally ranked experts in martial arts with years of classroom experience instructing children in the art of self-defense and personal accomplishment. (No class 9/21, 11/20-23.)

6-13 yrs Classes: 13

RP8710.501 Sep 11 7-8pm M \$75

CONCUSSION & SUDDEN CARDIAC ARREST INFO

Read concussion and sudden cardiac arrest information at www.howardcountymd.gov/concussion and www.howardcountymd.gov/suddencardiaccrrest.

Review of this information is required by law before you are allowed to register for youth sports programs.



Practice your serve in eight matches this fall with the Co-Rec Volleyball League.

Kuk Sool Won w/ Darren Fulmore

Kuk Sool Won is a systematic study of all the traditional fighting arts, which together comprise the martial arts history of Korea. This extremely well-organized class seeks to integrate and explore the entire spectrum of established Asian fighting arts and body conditioning techniques, which consist of kicking, punching, martial acrobatics and self-defense techniques, into a beautiful and dynamic hard/soft style focusing on discipline and respect. (No class 11/21, 11/23.)

6 yrs + Classes: 26

RP8760.501	Beg.	Sep 12	6:30-7:30pm	Tu,Th	\$85
RP8760.502	Adv.	Sep 12	7:30-8:30pm	Tu,Th	\$90

Volleyball Skills Development

Practice makes perfect! This program is for new players who enjoy this exciting sport and want to learn the basics. Individual players, develop skills and improve existing ones. Lessons emphasize sportsmanship, skill technique, hard work and fun in a team atmosphere. Learn skills such as passing, hitting, setting and serving. (No class 11/22, 11/23.) Info: Carson Nickell, 410 313-4720 or cjnickell@howardcountymd.gov.

8-12 yrs Classes: 8

RP5892.501	Sep 11	6-7:30pm	M	\$125
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8-12 yrs Classes: 6

RP5892.504	Nov 6	6-7:30pm	M	\$95
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13-16 yrs Classes: 8

RP5892.511	Sep 11	7:30-9pm	M	\$125
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13-16 yrs Classes: 6

RP5892.514	Nov 6	7:30-9pm	M	\$95
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Co-Rec Volleyball League

The volleyball leagues play 6-on-6, with rosters up to 12 players. Schedule includes eight matches and all teams participate in postseason playoffs. Fee includes scheduling, facility, awards, and administration. Teams are required to pay game official fees of \$20 on the court at each match. Register by September 3. Info: Carson Nickell, 410-313-4720 or cjnickell@howardcountymd.gov.

18 yrs + Matches: 8 + playoffs

RP5890.502	Sep 12	7-10pm	Tu	\$220
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3 GREAT CENTERS 1 LOW PRICE!

The Fit4U Package allows you to use our three community centers' fitness facilities and RCCC pool.

No enrollment fees.

Center membership included!

Pricing for 13-49 yrs

Yearly\$300 (R) / \$360 (NR)
(Comes to \$25/\$30 per month)

6 Months\$180 (R) / \$225 (NR)

3 Months\$105 (R) / \$135 (NR)

Monthly\$40 (R) / \$50 (NR)

Drop-In/Guest Rate.....\$5/visit

R = Resident

NR = Non-Resident

Benefits

- Access to the fitness & dance/aerobics rooms at (non-class) times.
- Use of the gymnasium during open and "drop-in" programs.
- Use of the swimming pool at RCCC during drop-in swim times.
- Access to the game rooms at GJACC and NLCC.
- Discounted Center activities and events.

Additional Information

- For ages 13-15 at all centers, parental supervision is required and each child must complete a mandatory orientation.
- Discounted rates available for members ages 3-12, parental supervision is required (includes use of the swimming pool and gymnasium during drop-in hours and programs but does not include fitness rooms).
- Discounted rates available for members ages 50+.
- Discounted rates available for two or more memberships purchased at the same time.
- Call for more pricing information.

Gary J. Arthur Community Center: 410-313-4840

North Laurel Community Center: 410-313-0390

Roger Carter Community Center: 410-313-2764

GJACC = Gary J. Arthur Community Center

NLCC = North Laurel Community Center

RCCC = Roger Carter Community Center